

## Class Descriptions for the Month of July

### A Dash of Salt

This one-hour nutrition education class is focused on reducing sodium intake by applying the DASH diet, a lifestyle approach to healthy eating, which is designed to treat or prevent hypertension.

### Cooking for a Healthy Living

This two-hour class will provide nutrition education on diabetes meal planning with a hands-on cooking experience in our DAWN learning kitchen.

### Conversation Maps - Spanish

Conversation Maps® help individuals understand the relationship between diabetes and healthy eating, the value of monitoring and troubleshooting results, and the natural progression of diabetes.

### Diabetes Basics 101 - Spanish

This 2-hour class will provide the learner with the skills needed to manage their diabetes as well as decrease complications associated with diabetes.

### Diabetes Prevention Program – Prevent T2

The PreventT2 lifestyle change program is a comprehensive 16-week curriculum with follow-up classes throughout the year that will improve your knowledge of diabetes and its high-risk complications, enhance your self-management skills, and increase your confidence to reach your goals. The PreventT2 program can help you lose weight, become more physically active, and reduce stress.

### Diabetes Survival Skills

This class will focus on educating the following diabetic population: newly diagnosed, recently hospitalized, or individuals with high risks for diabetic complications. The lecture will serve as an interim between diabetes education series. It will encompass the skills needed to assist the learner in decreasing diabetic complications.

### Diabetes Peer Support

Houston Strong: Managing Diabetes Together. This support group is geared towards adults over 21 diagnosed with Type 2 diabetes.

### Foot Care with Dr. Gomez

Learn more about preventive foot care, diabetes related foot conditions and get your questions answered by a podiatrist.

### Garden & Nutrition

The garden and nutrition classes are designed to help you learn how to grow your own produce as well as how to prepare fresh and healthy meals at home. This series will help guide you through every aspect of growing, harvesting, and preparing healthy meals with the fresh produce grown in the DAWN garden. (The 6-month series is only offered March through September)

### Walking Club

Tired of walking alone? Join the DAWN walking club and walk a 5k with us.

### Zumba Gold

Get groovin' with exciting dance-fitness workouts featuring Latin and world rhythms designed for active adults or those looking for a low-impact workout.



# DAWN



## Summer Tips for Diabetics



Stay Hydrated



Store medications and supplies properly



Test your blood sugar often and know the signs of low blood sugar.



Exercise early or late



Dress appropriately



Don't go barefoot



Get out of the heat

## July Outreach Events

July 11, 2018 (11a-1p)  
HHD Laboratory Services  
Fitness Presentation

July 11, 2018 (1p-3p)  
TEAM Information Sessions  
1919 Braeswood Blvd.

July 21, 2018 (10a)  
StepHealthy Community Food Fair  
Castillo Park - 1275-1299 Henry St.

July 28, 2018 (9a-12p)  
TEAM Information Sessions  
1919 Braeswood Blvd.

July 28, 2018 (10a)  
StepHealthy Community Food Fair  
Moody Park; 3725 Fulton St.  
July 31, 2018 (12p-1p)

July 31, 2018 (12p)  
YMCA  
Garden & Nutrition Presentation  
7101 Stella Link Blvd.

